

IS YOUR LIFE MISERABLE?

IF SO WHY NOT BE HAPPY BY USING

PROF. COOK'S BALM OF LIFE?

The Finest Chemical Preparation in the World.

Established in Washington, D. C., 1868.

WHICH CURES

INFLAMMATION,
DYSPEPSIA,
INDIGESTION,
CATARRH.

WEAK AND SORE EYES,
SORE THROAT,
CHOLERA MORBUS,
HEADACHE,

CHOLERA INFANTUM,
GOUT,
SKIN DISEASES,
CHRONIC DIARRHOEA,

ACIDITY OF STOMACH,
CRAMPS,
BILIOUS COLIC,
BAD BOWELS.

READ WHAT THE PEOPLE SAY:

Statements by the District of Columbia Supreme Court Judges and Other Prominent Citizens of Washington, D. C., and Elsewhere.

From the use and well sustained reputation of PROFESSOR T. A. COOK'S BALM OF LIFE, we deem it due its worthy discoverer and the public to add our earnest commendation of its efficacy.

D. K. ARTHUR, Chief Justice.
ARTHUR MACARTHUR, Associate Justice.
A. R. OLIN, Associate Justice.
ANDREW WYLLIE, Associate Justice.
DAVID C. HUMPHREYS, Associate Justice.
R. J. MEIGS, Clerk of the Court.
R. J. MEIGS, Jr., Deputy Clerk of the Court.
FREDERICK DOUGLASS, Marshal for District of Columbia.
L. P. WILLIAMS, Deputy Marshal for District of Columbia.
ALEXANDER SHARP, Ex-Marshal for District of Columbia.
G. W. PHILIPS, Ex-Deputy Marshal for District of Columbia.
A. WEBSTER, Register of Wills for District of Columbia.
STEPHEN J. W. TABOR, Fourth Auditor U. S. Treasury Department.

MRS. HELEN A. McCRARY, Wife of the Ex-Secretary of War, ADDS TO OUR LONG LIST OF TESTIMONIALS THE FOLLOWING LETTER:

KEOKUK, IOWA, May 30, 1883.
It is with genuine gratitude I bear testimony to the efficacy of COOK'S BALM OF LIFE. Besides being a great sufferer with DYSPEPSIA in its many forms, I had frequent attacks of ERUPTIONS OF GAS from the stomach, which lasted from three to seven hours, and were followed by very distressing and alarming SINKING SPELLS, and for which I could find no remedy until I called upon Dr. Dexter, of Washington, D. C., who told me that the best medicine for that symptom, and one he often prescribed for his patients, was COOK'S BALM OF LIFE. I immediately procured a bottle, and after taking three doses my stomach was relieved, and before I had used one-half the contents of the bottle that particular condition of my stomach was overcome, and now, after five years and having had no recurrence of the trouble, I feel safe in saying that the BALM CURED ME. For it is the first and only thing that gave me relief. I have by its use learned its value in other directions also, and consider it ONE OF THE VERY BEST FAMILY MEDICINES IN THE WORLD, and think myself unfortunate when I am without it. Hoping that others may be as much benefited by its use as I have been, I am sincerely yours,
HELEN McCRARY.

PROFESSOR COOK.

WASHINGTON, D. C., December 9, 1870.
DEAR SIR: Your BALM OF LIFE has become a household necessity and comfort to my family. For general use as a toilet article it is all we desire; it keeps the head clean of dandruff, the scalp and hair healthy, and manifests a wonderful sanitary and curative power, whether internally taken or externally applied. It acts as a preventive, as well as a cure for incidental ills to which all are more or less liable. It is harmless in all its various uses. The old, the young, the sick, and the well will find it beneficial. We found it excellent in "second summer" diseases. I have bought for my family and personal friends more than a hundred bottles of the BALM; all are more than pleased with its powers and usefulness. Wishing you a well-merited prosperity, and the public that blessing directly due to the general introduction and use of your BALM OF LIFE, I am gratefully yours,
W. B. MOSES, Eleventh and F streets.

It is so generally useful that I must commend it to the public.
LEVI WOODBURY, Proprietor St. James Hotel, Washington, D. C.

WASHINGTON, D. C., May 28, 1889.
MR. L. MOXLEY: The Sisters have used "Cook's Balm of Life" for years past and highly recommend the same. I myself have used it and find it a great remedy for indigestion, dyspepsia, etc. Yours truly,
J. A. WALTER, Pastor St. Patrick's Church.

HOW TO USE IT:

For Dyspepsia and All Stomach Troubles, a Wineglassful 15 minutes after each meal, and on retiring. For Skin Diseases bathe parts affected at short intervals.

SOLD BY ALL DRUGGISTS.

Manufacture and Wholesale Depot, New Balm of Life Building,

1005 E STREET N. W., WASHINGTON, D. C.

L. MOXLEY, Sole Owner and Proprietor.

THE POLICEMAN'S STORY.

He Tells of a Thrilling Experience With a Somnambulist.

The fat policeman and THE SUNDAY HERALD man were sauntering leisurely around together upon the former's "beat." A large, well-built man passed them during their stroll and spoke familiarly to the policeman. "I can tell you a pretty good story about that man," said the policeman. "He is one of the wealthiest real estate dealers in the city and a somnambulist. Several times he has got up at night, dressed himself, and wandered about the streets while fast asleep. His office was at one time on my beat, then in the heart of the city, and it was there the incident occurred that I'm going to tell you. One morning, it seems, he drew from his bank a large sum of money, way up in five figures, to be paid out during the course of the day in a real estate deal. But the man who was to receive the money for some reason or other did not come after it, and kept the real estate broker waiting until after banking hours with the funds in his possession. As it was a very large sum, he naturally did not wish to leave it in his own office safe. But as the man who was to receive the money did not put in an appearance up to the time for closing for the night the real estate dealer was forced to leave the funds in his safe. He went home worried about the risk he was running.

"I was pacing up and down my beat that night when I noticed a man advance rapidly toward one of the offices about fifty yards from where I was. After pausing at the door a moment, as if working at the lock, he entered and closed the door behind him. I could not see who he was, as the lights were not lit in the gas-lamps, the moon being expected to furnish all the light necessary, but as the sky was well clouded the moon had a chance to get in her work. I hurried to the place to investigate. It was the real estate dealer's office and the door was unlocked. I pushed the door back softly, silently crept in, and moved across the floor to where the private office was partitioned off from the rest of the apartment. Sure enough, somebody was at work in this room. I could hear the combination lock squeaking. The room was quite dark. I moved around to the private-office door and glanced in, pulling out my gun at the same time. The door worked easier than I thought it would, and swung back, making a little noise. I expected the man would instantly look up from his position near the safe, and having made up my mind in which direction the safe was placed, covered it with my revolver, so in case he should pull out his lantern and turn it on me I would have the drop on him. But no noise followed the squeaking of the door, and still I waited. Then the moon burst from the clouds for a moment and I saw quite clearly into the place. The safe was not exactly where I had located it, but about four feet away, and before it, rumaging in one of its compartments, I saw the kneeling figure of the man. He withdrew a package from the drawer and proceeded to go over it carefully. Evidently it was a bundle of bank notes he was counting out. I saw that I must plunge in at once, and drew myself up ready to spring upon him and endeavor to place the bracelets upon his wrists. I expected to have an almighty struggle to do it, as I could see he was a pretty strong man. As I was fully making up my mind to do this I caught sight of the messenger

and police call-box. Why not turn in an alarm for help? I pulled the 'police' call, and it flew around, sounding like the noise of a cannon in the night. As I did so I flung myself upon the burglar, turned him on his back, and whipping out the bracelets, to my surprise, placed them easily upon his wrists. His hands had been filled with bank notes, but he relaxed his hold on them when I upset him.

"Now, my man," I said to him, feeling greatly elated over my successful capture, "I guess you'll have a chance to explain why you enter people's offices when they are not in and borrow their funds."

"But the burglar said not a word, lying perfectly motionless on the floor, stretched out at full length. Queer, I thought, he doesn't say anything; wonder what his game can be? Knowing him to be securely fastened, I arose from his side and lit the gas, then gazed down upon him to see if I knew his face. Horrors! It was the real estate broker himself, and he appeared to be just waking out of a deep sleep. He turned and stretched just like a heavy sleeper when waking up. I was frightened, thinking I had perhaps done him an injury when I sprung upon him. His eyes opened soon, and he tried to rub them with his hands, but the bracelets prevented this. I stooped down and loosened them and assisted him to his feet.

"Where the deuce am I?" he asked, staring curiously at me and about him. "I knew it all now. He had been walking in his sleep. When he was fully awakened I explained to him all that I have just told you, and, after gazing at me in astonishment he finally burst into a hearty laugh, and told me about the money he had deposited and how it came to be left there. He shook hands with me warmly, thanking me for keeping such a sharp watch after things, and pressed a fair-sized bank note into my hand. He then closed the safe, after having replaced the money lying scattered about the floor, and together we started out of the office. But just then two more officers came rushing into the office like mad. They seized both of us, and I can tell you I had some difficulty in accounting to them for the alarm without giving the real estate man away."

How Not to Go to Sleep.

From the New York Star.

"In these days of innumerable hints for health and comeliness," says a prominent physician, "let me tell beauty how not to go to sleep. Let her take care that it is not with a frown or discontented expression, for such will be apt to leave its imprint during her sleeping hours, and contribute just so much to permanent unbecoming lines. As she finds herself sinking into the arms of the drowsy god let her close her mouth easily, allow the eyelids to drop gently but fully over the eyes, and, just as she yields herself to his soothing embrace, summon some pleasant thought that shall set the seal of peaceful content upon her face. She should not lie with one hand under her cheek, a common habit with youthful sleepers, which wrinkles and slightly numbs the skin, and, of course, she should breathe always through the nose. This latter practice can be readily acquired if one is not addicted to it; unless there be some pronounced nasal impediment. Persons who have passed their first youth are apt at the moment of falling asleep to let their jaws drop slightly, and the lines of the mouth settle themselves in heavy curves. This is not necessary until the muscles relax with age, and a little watchfulness at the moment of losing consciousness will lessen the tendency."

It Goes Without Saying

That our stock of boys' and children's clothing is the handsomest in the city. Elsmann Bros., 7th and E, manufacturing clothiers and tailors.

The "Thirty-Three, Limited."

The first regular meeting of the "Thirty-Three, Limited" was held in their parlor at the Riggs House Wednesday evening last, and, judging from its success, the club has a useful career before it. The early part of the evening was devoted to routine business and some new freaks of puzzlement and illusions, and then an interesting paper on "Some Popular Errors Respecting the North American Indians" was read by Dr. W. J. Hoffman, of the Bureau of Ethnology. As Dr. Hoffman has passed eighteen years in researches among the Indians his paper had an especial value. Many statements of Catlin, and other Indian authorities, were disputed. Dr. Hoffman placed the total number of Indians in this country at less than three hundred thousand. The pathetic little poem, by Will Carleton, entitled "Only a Box," was read by Mr. Bangs. It is the purpose of the club at an early day to give an evening to their friends, to which admission will be by card.

A Musical Wonder.

There is now at the music store of Mr. E. F. Droop an instrument which will greatly interest the lovers of music. The highest class of music can be performed in imitation of an orchestra by any one with or without any previous musical education. During the week Mr. Droop has arranged a series of concerts, which all are cordially invited to attend, and we believe that all who accept this invitation will have an interesting and profitable treat.

Amusements.

ÆOLIAN CONCERT.

A series of concerts is being given daily at the Music Ware-rooms of E. F. DROOP, and you are cordially invited to attend.

The following selections will be given this week:

Overture, "Tannhauser".....Wagner
Serenata, "Love's Dream".....Mozkowski
Selections, "The Gondoliers".....Sullivan
24 Barcarolle.....Rubinstein
"Sigmund's Love Song".....Wagner
Serenade.....Schubert

This entire programme will be rendered on the ÆOLIAN from the full orchestra score by a person with positively no musical education whatever.

E. F. DROOP,

925 Pennsylvania Ave.,

Sole Agent for Steinway and Other First-Class Pianos and Organs.

LINCOLN MUSIC HALL.

EASTER MONDAY, APRIL 7.

CONCERT, 8 P. M.

YALE GLEE & BANJO CLUBS.

Tickets at Metzger's, 1100 F Street. m90-245

Amusements.

SUMMER SEASON

AT
Albough's Grand Opera House

WILL COMMENCE
MONDAY, APRIL 14,

With the Popular
CARLETON OPERA COMPANY.

ARTISTS 50 ARTISTS

Usual Summer Prices.

Admission.....50c and 75c.

Reserved Seats.....50 and 75c.

Opening Opera.

"NANON."

Followed by "The Brigands," "Mynheer Jan," "Dorothy," "Black Hussar," "Amorita," and other popular works. m90-5

ALBOUGH'S GRAND OPERA HOUSE.

BEGINNING MARCH 31,

The Representative American Tragedian, MR.

LOUIS

JAMES,

Accompanied by His Excellent Coterie of

Accomplished Players.

THE GRAND AND IMPOSING REPERTOIRE:

Monday—OPHELLO.

Mr. James as Othello.

Tuesday—JULIUS CÆSAR.

Mr. James as Brutus.

Wednesday Matinee and Thursday Night.

VIRGINUS.

Wednesday Night—HAMLET.

Friday Night and Saturday Matinee.

IN RICHARD III.

The costumes are costly, elaborate, and accurate—the scenery imposing and appropriate.

Next Week—CAPT. SWIFT.

NEW NATIONAL THEATRE.

Every Evening, Wed. and Sat. Matinees.

ONE WEEK, COMMENCING TO-MORROW

EVENING.

First Production in this City of

HOYT'S

Latest Effort and Phenomenally Successful

Comedy-drama,

A

MIDNIGHT

BELL.

Presented with the Original New York Cast

and Realistic Scenery.

Monday, April 7, ROSE COCHLAN.

HARRIS'S BIJOU THEATRE.

WEEK COMMENCING MONDAY, MARCH 31.

Matinees Tuesday, Thursday, Saturday.

ENGAGEMENT SPECIAL.

WASHINGTON'S FAVORITE COMEDienne,

MATTIE VICKERS,

AND HER

COMPANY OF COMEDIANS, IN HER NA-

TIONALLY FAMOUS MUSICAL

TRAVESTY,

JACQUINE;

OR,

LIFE BEHIND THE SCENES.

THE PLAY THAT HAS MADE ALL AMER-

ICA LAUGH.

Next Week—LOST IN NEW YORK.

m90-116

Amusements.

KERNAN'S NEW WASHINGTON THEATRE

Eleventh St., south of Penna. ave.

WEEK COMMENCING MONDAY, MARCH 30.

THE POPULAR

LEONZO BROS.

In a Repertoire of Choice Melodramas,

Introducing their Wonderful

ACTING DOGS,

—AND—

A HOST OF SPECIALTY ARTISTS.

"The intelligence displayed by the Dramatic

Dogs of the Leonzo Bros. is beyond the power of

human description. They are natural actors."—

N. Y. Herald.

Ladies' Matinees Tues., Thurs., and Sat.

Inaugural Meeting

OF THE

WASHINGTON

JOCKEY CLUB

AT

BENNING'S COURSE,

April 1st, 2d, 3d, 4th, and 5th.

FIVE RACES EACH DAY,

COMMENCING PROMPTLY AT 3 O'CLOCK

P. M.

Trains leave the Baltimore and Potomac Rail-

road station, Sixth and B streets, at 12:35, 1:30, 2,

and 2:30 P. M. each day, returning immediately

after the races.

Admission to the Grounds—Grand Stand and

Pool Lawn, \$1.

Membership Tickets should be applied for at

the office of the Treasurer, Willard's Hotel.

Improper characters will be excluded.

F. M. DRANEY,

President.

ROBERT E. MORRIS,

Secretary.

GLOBE THEATRE, PENNA. AVE. NEAR

Eleventh street, Monday, March 31, and

during the week, the George France and Lulu

Delmay Dramatic and Specialty Co. Matinees

Monday, Wednesday, Friday, and Saturday. Ad-

mission at night, 10, 20, 30, and 50c. Matinees, 10,

20, and 30c. m90-116